

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

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Celebrate Senior Center Month at 50+ Centers

September is National Senior Center Month, a time to celebrate all that centers offer older adults in our community! While Howard County continues to exercise caution to protect older adults from COVID-19 and its related variants by requiring masks indoors, our six 50+ Centers are open, offering in-person programs to meet a variety of needs and interests. With resilience and a dedication to service, the Office on Aging and Independence's 50+ Centers' team has pulled out all the stops to make visiting centers a safe and enriching experience for all. It's time to celebrate those efforts!

During an unprecedented time, creativity and innovation has brought to fruition a variety of virtual program opportunities. In fact, Howard County's Virtual 50+ Programs was selected by **engAGED: The National Resource Center for Engaging Older Adults** as a best and promising social engagement practice.

"50+ Centers provide a vital link for social engagement, keeping older adults connected, healthy and active," said Barbara Scher, 50+ Centers Division manager. "Whether in-person or virtual, centers offer an exciting array of programs for learning and growth, fitness, well-being and creative expression."

While the 50+ Centers reestablish a full schedule of in-person fitness classes, they will continue to offer the popular virtual group exercise pass. Planning is also underway to create hybrid-streaming models with in-person and virtual access to programs to engage and inspire older adults in a multitude of ways. Stay tuned for more details.

Some Opportunities Scheduled During September

The Bain 50+ Center recently completed its long-awaited renovation and debuted its new fitness equipment room. Stop by to celebrate Senior Center Month on Tuesday, September 21, with a concert by the United States Army Field Band. The Red Hatters Group returns to Bain that day as well. If you are at risk for falls, don't miss the presentations for Fall Prevention Awareness Day on Wednesday, September 22.

Funding for a new, expanded **East Columbia 50+ Center** has been approved as part of the FY'22 capital budget, which is certainly a cause for celebration! Stop by the center for Demo Day on Wednesday, September 8, and take part in free introductory classes, including Tai Chi, Soul Line Dance, Artist Trading Cards and an Alcohol Ink Painting demo. Join Sound Healer Josh Howell on Wednesday, September 15, from 2 to 3 p.m. as he sculpts sound using his powerful gong, singing bowls and other instruments. Plus, the Language Café returns on September 28, from 6 to 9 p.m., with conversational tables available in 17 languages.

A Message from Howard County Executive Calvin Ball



This September we are celebrating National Senior Center Month to recognize all the incredible staff, programs and services our 50+ Centers provide to the community. As we work to become a more "Age-Friendly" community, we know how vital our 50+ Centers are to improve the well-being and quality of life of our residents. These community hubs address the needs and interests of older adults in a variety of ways, offering support in nutrition, health and wellness, technology, volunteer opportunities, financial education, creative arts, and so much more.

Throughout the pandemic, our 50+ Center teams have adapted and shifted programming to online or virtual options to fit the needs of our older adults. Whether you decide to venture into one of our 50+ Centers, or continue to connect online, our team will be there to provide knowledge, programming and resources.

Additionally, September is National Emergency Preparedness Month. This year's theme: "Prepare to Protect. Preparing for disasters is protecting everyone you love." After dealing with the challenges of the COVID-19 pandemic, we know how important preparation is to protect our loved ones. Just this year we've fully vaccinated more than 93% of residents over age 65. Beyond our current public health challenges, we still must prepare for weather emergencies that typically occur in the fall and winter.

There are many resources available for you and your family to make a plan, build an emergency kit and be prepared for natural emergencies. For more information, visit www.ReadyHoCo.org.

While we face some uncertainty about COVID-19 heading into fall and winter, we can take comfort in the shared responsibility of our community to get vaccinated and look out for our loved ones. Wishing you a safe and healthy month ahead!

Elkridge 50+ Center celebrates Senior Center Month with programs to boost physical and mental health, including Aging Gracefully on Tuesday, September 14, at 11 a.m. with Melanie Berdyck, a nutritionist with Giant Food, and a Grab and Go lunch on Friday, September 17, at 11:30 a.m. Explore mental health at the Elder Safe presentation on Monday, September 20, at 1 p.m. and join Revive Physical Therapy on Tuesday, September 21, to learn about Fall Prevention strategies and get a free balance assessment from 1 to 2 p.m.

The **Ellicott City 50+ Center** welcomes skilled and novice needleworkers to participate in its Yarnstallation Project on Wednesdays, September 1, 8 and 15. Knit and crochet small patchwork projects to be assembled into a vivid art project for everyone to enjoy. Reunite with friends and reacquaint yourself with fun center activities at a Bunco Party on Friday, September 17; a Welcome Back Social on Tuesday, September 21, at 12:30 p.m.; and a Table Tennis Tournament on September 22. Stop by the front desk for details or to sign up!

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Howard County Walktober 2021



Walk, Roll, Ride, MOVE!

Walktober is a celebration of Maryland's official exercise and a call to action to promote walking for physical activity and improved health for residents of all ages and abilities.

Join the Howard County Local Health Improvement Coalition and local partners for a month of walk and move events called Walktober 2021, a celebration of movement for all! The event runs from Friday, October 1, through Sunday, October 31. For details, go to www.howardcountymd.gov/health/walktober-2021.

Falls Prevention Week is September 20-24

Join us on Friday,
September 24
9:00 TO 11:30 AM



Elkridge 50+ Center

6540 Washington Boulevard, Elkridge 21075

A one-time 2.5 hour session for those who are interested in improving their nutrition and strength; designed to help people understand the connection between nutrition and preventing falls.

- Defining Malnutrition
- The Connection Between Nutrition and Falls
- Muscle Loss With Age
- Protein In Food and Label Reading for Protein
- Important Role of Fluids in Our Diet
- How to Plan a Strength-Building Diet
- Learning Your Personal Nutrition Risk Level and Score

\$5/person includes workshop and educational materials

TO REGISTER, OR FOR ADDITIONAL INFORMATION

MALARIE BURGESS

mburgess@howardcountymd.gov • 410-313-6073 (VOICE/RELAY)



Howard County Office on
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410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

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Kim Higdon Henry, Editor • Email: kahenry@howardcountymd.gov

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Get creative on Wednesdays at 1 p.m. in September at the **Glenwood 50+ Center**. Start with DIY Concrete Leaf Garden Art on September 1, as you craft a unique piece of garden art, bird bath or feeder using concrete and leaves. Materials provided; cost is \$8. Make a beautiful Sun Catcher for your window on September 8 using fused glass you cut and design, then leave to be fired; cost is \$30. In Pumpkin Pumpkin on September 15, create a perfect pumpkin that won't ever spoil, made from concrete and tights; cost is \$6 (\$3 if you bring your own tights). Round out the month with DIY Harvest Signs on September 22, using wooden sign boards to create a two-sided project; cost is \$20.

After a delayed reopening, **North Laurel 50+ Center** welcomes its members back with a festive meal and music in the outdoor pavilion on Wednesday, September 22, from 11 a.m. to 1 p.m. Come mingle with old friends and center staff to see what you've been missing!

For more information about upcoming events at 50+ Centers in September and beyond, visit www.howardcountymd.gov/50pluscenters.

All programs are subject to change; call 410-313-5400 (voice/relay) to verify the status of a specific program.

Powerful Tools FOR Caregivers

September 29 THROUGH **November 3**
1:00 to 2:30 pm

SIX CONSECUTIVE WEDNESDAYS

If you are a caregiver, we encourage you
to register for this dynamic self-care program.

WE ARE HERE TO HELP YOU!

There is NO CHARGE to attend these self-care classes!

— FOR MORE INFORMATION OR TO REGISTER —

Kathy Wehr

CAREGIVER SUPPORT PROGRAM MANAGER

410-313-5955 (VOICE/RELAY) • kwehr@howardcountymd.gov

2021 *Virtual*
50+ EXPO

Mark Your Calendar!

**October 1 thru
November 30**



The Beacon's Virtual 50+ EXPO returns this Fall, with full access to programming available online from October 1 through November 30. Registration is open for potential sponsors and exhibitors.

Visit <http://bit.ly/beacon50expo> to sign up and receive more information about the upcoming virtual 50+ EXPO!

The Office on Aging and Independence has partnered with the Beacon's Virtual 50+ EXPO. Don't miss out on cooking demos, educational presentations, entertainment, a keynote speaker, exhibitors and more!

